

DIALECTIC RELATIONSHIP BETWEEN NATIONAL FOLK GAMES AND UZBEKISTAN NATIONAL TRADITIONS

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Abstract:

This article discusses national folk games and Uzbek folk games that embody our national traditions, their importance in society and in the upbringing of the younger generation, and the connection of national folk games with traditions.

Keywords: Sports, physical education, healthy lifestyle, national games.

Uzbek folk games have a long past, a rich history, and are considered one of our spiritual wealth and values, passed down from ancestors to generations. From the first days of our country's independence, great attention has been paid to the revival of our national values, traditions and customs, including folk games.

In recent years, the republic has been implementing consistent measures to popularize physical education and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities, and ensure the country's worthy participation in international sports arenas. [1, 1].

National Games are one of the most beloved public spiritual events of the people, embodying national values. "Navruz", weddings and various traditional ceremonies, festivals have not passed without wrestling, goat racing, racing and many other national games since ancient times. Such events are expressed in all types of folk oral literature, in epics. They are interestingly and fully described in the works of the great scholars Abu Ali Ibn Sina, Alisher Navoi, Mirzo Babur and subsequent writers and poets. In the recent past, and especially during the years of independence, the study and restoration of national games of the people, their purposeful use in the upbringing of the spiritual and physical development of schoolchildren, was carried out.

The restoration of the spiritual wealth, customs, national programs, including national games, which are one of the national heritages of our people, accumulated over many centuries, and the enrichment of universal human values are an important task today. From the point of view of physical education, their study and application are becoming one of the most urgent problems in the education of the current and future generations.

It is necessary to fulfill the tasks of widespread introduction, development, and modernization of national folk games among our people. In this regard, it is necessary to take into account

their nationality, rules of play, and educational significance. Of course, this requires knowledge of the names of these national folk games, their history of origin, meaning and content, and technique.

According to the researcher of folk traditions V.M. Grigoryev, “The special importance of folk games is that in them the child demonstrates his ability to self-educate. He deliberately acts in the manner required by the accepted role rules. In addition, if the rules of behavior are observed in the game, the child can refuse anything, behave, and act as he wants. Along with traditional sports, national sports and folk games are also developing. Today, competitions in Uzbek wrestling are organized in many countries of the world, and the fact that world championships are regularly held among masters of this sport fills the heart of every citizen living in Uzbekistan with pride. In fact, there are many national sports that we should be proud of. Among them, “Turon” wrestling, Uzbek martial arts, uloq, kopkari, choggon, belbogli kurash, and archery are of particular note. Especially in recent years, interest in Uzbek martial arts has been growing. This sport is imbued with the national spirit and plays an important role in shaping qualities such as courage and agility in young people, helping them grow up to be sharp-minded and handsome.

If we look back at history, we see that our ancestors have always paid serious attention to exercises that physically strengthen a person and have a positive effect on health. For example, the all-around competition requires each participant to have physical strength, a sharp mind, and the ability to cut seven measures in addition to equestrian skills. Our ancestors prepared accordingly and achieved both spiritual and physical growth. In general, all national sports developed based on the lifestyle, culture, and worldview of our ancestors. In those days, someone was known as a rider, someone as a swordsman, and someone as a sniper. Also, thanks to various games and exercises, our ancestors developed agility and a knack for one-on-one combat, which allowed them to get out of any situation. One of the important stages of the physical education system is physical equipment. Their composition includes gymnastics, sports, active games and the health-improving effects of nature (sun, air, water, hygienic factors). It is clear that active games are considered one of the important directions of the physical education system.

National folk games have several directions, and dances, lapars, ayishuvs, askyals and many other genres of art predominate in their composition. There are also many active games and sports games inherited from ancestors. They can be divided into the following main groups, namely:

1. Wrestlers
2. Horse games (goat jumping, horse racing, girl chasing, horse throwing, etc.).
3. Dorboz (exercises on a pole, jokes and jokes).
4. Stone (gyr) lifting.
5. Tug of war.

6. Testing arm strength.

7. Active games (ear-tweezing, donkey riding, shoulder wrestling, cockfighting, chilik, herd ball, etc.).[2, 287].

Today, along with traditional sports, national sports and folk games are also developing. Today, competitions in Uzbek wrestling are organized in many countries of the world, and the world championships in this sport are regularly held, which fills the heart of every citizen living in Uzbekistan with pride. In fact, there are many national sports that we can be proud of. Among them, "Turon" wrestling, Uzbek martial arts, uloq, kopkari, choggon, belbogli kurash and archery are especially noteworthy. In particular, in recent years, interest in Uzbek martial arts has been growing. This sport is imbued with the national spirit and plays an important role in shaping such qualities as courage and agility in young people, helping them grow up to be sharp-minded and handsome.

Along with national sports, folk games are also of great interest to most young people. These games are especially widespread among children. In particular, at various events held in neighborhoods, most children compete in games such as "Kuloq cho'zma", "Oq terakmi, ko'k terak", "Podachi", "Charkhpalak", "O'rda to'", "Chigi", "Ko'tir echki" to find out who is more agile and who is more agile. Also, folk games such as "Uzuk olish", "Ignasanchish", "Poyondoz", "Sultanchalar jangi", "Ignasip, angishovna" have also come down to us over the years. If you look closely at the participants in these games, you will be convinced that each of them has the qualities of resourcefulness, the ability to correctly assess a complex situation, and the ability to get out of a difficult situation. From this it can be concluded that national sports and folk games are of great importance in raising young people to a healthy age, providing them with education. In particular, their role in preserving national values and traditions is incomparable.

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If we look at history, we see that our ancestors have always paid serious attention to exercises that strengthen a person physically and have a positive effect on health. For example, the horse race requires each participant to have physical strength, a sharp mind, and the ability to cut through seven scales in addition to horsemanship. Our ancestors prepared accordingly and achieved both spiritual and physical growth. In general, all national sports developed as a result of the lifestyle, culture and worldview of our ancestors. In those days, someone was known as a horseman, someone as a swordsman, and someone as a marksman. Also, thanks to various games and exercises, our ancestors developed a special skill for agility and hand-to-hand combat, which they could use in any situation.

Indeed, national sports and folk games are passed down from generation to generation as a unique value. In the hearts of young people who honor them, a sense of love for the Motherland

is established, a national spirit is formed, and a sense of respect for the traditions and customs of our people is further strengthened. In short, national games are one of the most effective means of educating young people in the Uzbek way. The more these games spread, the more the ranks of patriotic youth will expand.

In the process of physical education of young people, in order to select national folk games, dances, physical exercises and national sports, and to determine their volume, direction and effectiveness, the works of Alisher Navoiy "Mahbub Ulqulub", "Farhod and Shirin", Omar Khayyam's "Navroznama", Ibn Sino's "Al-Qanun", Kaykovus' "Qobusnama", and Mahmud Kashgari's "Devon-u Lugatit Turk" serve as excellent sources. [4, 7].

Conclusion. In conclusion, after the independence of our country, the issue of widespread dissemination of national folk games was raised. The spiritual culture of the population of our country has been formed over thousands of years, under the influence of the natural and geographical environment of the ethnic groups that have inhabited this territory, their economic activity and social relations, as well as a number of other factors, including regional weddings and wedding ceremonies, traditional calendar rituals, as well as national games. Traditional national games of the Uzbek people are an integral part of traditional material culture, reflecting social life, national characteristics, as well as economic activities and lifestyle. Indeed, national sports and folk games are passed down from generation to generation as a unique value. In the hearts of young people who play them, a feeling of love for the Motherland is established, a national spirit is formed, and a sense of respect for the traditions and customs of our people is further strengthened. Thus, national games are one of the most effective means of educating young people in the Uzbek way. The more widely these games are spread, the more the ranks of patriotic youth will expand.

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